

Famous female strength trainers

Here are some of the most famous female strength trainers and fitness personalities, known for their expertise in strength training, coaching, and fitness entrepreneurship:

- **Jillian Michaels:** Renowned for her tough-love approach, Michaels became famous as a trainer on "The Biggest Loser." She is a bestselling author, creator of fitness DVDs, and offers personalized workout and meal plans through her app^{[1] [2] [3]}.
- **Kayla Itsines:** An Australian trainer who revolutionized fitness with her Bikini Body Guide (BBG) and co-founded the Sweat app, which offers strength and conditioning programs to millions worldwide^{[1] [3] [4]}.
- **Kelsey Wells:** Known for her PWR programs focused on resistance training, Wells inspires many with her personal journey and emphasis on self-love and strength^{[3] [4]}.
- **Massy Arias:** A fitness icon who overcame depression to become a leading trainer, Arias focuses on functional movements, strength, and agility^[3].
- **Jeanette Jenkins:** Founder of The Hollywood Trainer Club, Jenkins is a celebrity trainer emphasizing strength, cardiovascular fitness, and nutrition^[3].
- **Tracy Anderson:** Creator of the Tracy Anderson Method, she is famous for her innovative approach to strength and muscle conditioning, attracting a celebrity clientele^[3].
- **Emily Skye:** Her FIT programs emphasize strength, mental well-being, and self-love, making her a favorite among millions^[3].
- **Ursula Garza Papandrea:** Often called the "Queen of Weightlifting," Papandrea is a top Olympic weightlifting coach and the first female to hold the position of IWF Vice President^[5].
- **Lita Lewis:** Known for her bodyweight and functional movement training, Lewis is also a strong advocate for body positivity^{[1] [6]}.
- **Krissy Cela:** Co-founder of two fitness brands, Cela is recognized for her strength training expertise and motivational content^[7].

Below is a comparison table of some key trainers and their specialties:

Name	Specialty/Program	Notable Achievements
Jillian Michaels	Strength, HIIT, weight loss	"The Biggest Loser," bestsellers
Kayla Itsines	Strength, HIIT, BBG	Sweat app, global following
Kelsey Wells	Resistance, PWR	Post-pregnancy fitness, self-love
Massy Arias	Functional, strength, agility	Mental health advocacy
Jeanette Jenkins	Strength, cardio, nutrition	Hollywood Trainer Club

Name	Specialty/Program	Notable Achievements
Tracy Anderson	Muscle conditioning, innovation	Celebrity clientele, method creator
Emily Skye	Strength, mental well-being	FIT programs, global influence
Ursula Garza Papandrea	Olympic weightlifting	IWF Vice President, coach
Lita Lewis	Bodyweight, functional	Body positivity advocate
Krissy Cela	Strength, motivation	Co-founder, fitness entrepreneur

These women have made significant impacts on the fitness industry, inspiring millions through their training methods, motivational stories, and entrepreneurial ventures^{[3] [4] [5]}.

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1. <https://placemade.co/top-7-famous-fitness-trainers-female-edition/>
2. <https://www.ranker.com/list/famous-female-personal-trainers/reference>
3. <https://www.exercise.com/grow/female-personal-trainer-entrepreneurs/>
4. <https://curvesfitnesspro.com/best-female-health-fitness-trainers-around-the-world/>
5. <https://blog.teambuildr.com/10-female-strength-coaches-you-should-know>
6. <https://www.muscleandfitness.com/athletes-celebrities/girls/30-hottest-female-trainers-instagram/>
7. <https://gossclub.com/101-fitness-trainers-of-instagram/>